

FOR IMMEDIATE RELEASE

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**Highwoods Properties to Release Third Quarter Results
on Thursday, October 28**

Conference Call on Friday, October 29, at 11:00 a.m.

Raleigh, NC – September 16, 2010 – Highwoods Properties, Inc. (NYSE: HIW), the largest owner and operator of suburban office properties in the Southeast and NAIOP's 2009 Developer of the Year, today announced that it will release unaudited third quarter 2010 financial results on Thursday, October 28, after the market closes. A conference call will be held the next day, Friday, October 29, at 11:00 a.m. Eastern time.

For US/Canada callers, dial (800) 908-8386. A live, listen-only Web cast can be accessed through the Company's Web site at www.highwoods.com under the "Investor Relations" section.

A replay of the call will be available on the Investor Relations section of Highwoods web site at www.highwoods.com.

About the Company

Highwoods Properties, Inc., a member of the S&P MidCap 400 Index, is a fully integrated, self-administered real estate investment trust ("REIT") that provides leasing, management, development, construction and other customer-related services for its properties and for third parties. At June 30, 2010, the Company owned or had an interest in 330 in-service office, industrial and retail properties encompassing approximately 32.0 million square feet. Highwoods also owned 581 acres of development land. Highwoods is based in Raleigh, North Carolina, and its properties and development land are located in Florida, Georgia, Missouri, Mississippi, North Carolina, South Carolina, Tennessee and Virginia. For more information about Highwoods Properties, please visit our Web site at <http://www.highwoods.com>.

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