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Highwoods Properties Nashville Division Secures Long-Term Lease Renewal and Expansion with MedSolutions

96,000 Total Square Feet Leased

Raleigh, NC – October 11, 2010 – Highwoods Properties, Inc. (NYSE: HIW), the largest owner and operator of suburban office properties in the Southeast, today announced that MedSolutions, a leading provider of medical management services, has renewed and expanded its lease at Cool Springs II in Nashville. In total, MedSolutions is leasing 96,000 square feet, which includes an expansion of 42,000 square feet. The Company noted that its Cool Springs office park, which is comprised of five buildings encompassing 937,000 square feet, is 93.6% occupied.

Ed Fritsch, President and CEO of Highwoods stated, *"We are pleased MedSolutions has chosen to renew and expand their lease at Cool Springs II and we are honored to continue to be their landlord of choice. We value our relationship with MedSolutions and look forward to serving them for many years to come. Also, congratulations to our Nashville team for their work in further solidifying and expanding our relationship with this important customer."*

About MedSolutions

Using independently validated savings methodologies, MedSolutions specializes in quality-driven, intelligent cost management of medical services for commercial, Medicare and Medicaid payors. The company maintains management contracts for more than 27 million individuals nationwide. Using robust data, predictive intelligence technology and evidence-based clinical expertise, the company's innovative solutions extend beyond Radiology Management to other areas of medical specialty, including Oncology, Cardiac Imaging, Sleep, Ultrasound, Emergency Room Imaging and MedSolutions' groundbreaking PremierusSM Diagnostic Accuracy program – the nation's first solution for reducing diagnostic error rates to improve the quality and cost of care. MedSolutions has been recognized for outstanding customer service and effective call center management by the International Customer Management Institute and for three consecutive years by the prestigious J.D.Power and Associates Award. www.medsolutions.com.

About Highwoods Properties

Highwoods Properties, headquartered in Raleigh, North Carolina, is a publicly traded (NYSE:HIW) real estate investment trust ("REIT") and a member of the S&P MidCap 400 Index. The Company is the largest owner and operator of suburban office properties in the Southeast and provides leasing, management, development, construction and other customer-related services for its properties and for third parties. At September 30, 2010, Highwoods owned or had an interest in 329 in-service office, industrial and retail properties encompassing approximately 32.3 million square feet and owned 581 acres of development land. The Company's 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 www.highwoods.com.