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Highwoods Properties Reports Third Quarter Results

\$0.58 FFO per Diluted Share

(Excluding Debt Extinguishment Loss and Property Acquisition Costs)

1.4 Million Square Feet of Space Leased

88.9% Occupancy in Wholly Owned Portfolio

Narrows 2010 FFO Guidance to \$2.44 to \$2.46 per Diluted Share

Previously \$2.40 to \$2.48 per Diluted Share

RALEIGH, NC – October 28, 2010 – Highwoods Properties, Inc. (NYSE: HIW), the largest owner and operator of suburban office properties in the Southeast, today reported results for the three and nine months ended September 30, 2010.

Ed Fritsch, President and CEO, stated, "It was a productive third quarter for Highwoods. We leased 1.4 million square feet of space, including 1.1 million square feet of office space, and increased our total portfolio's occupancy 110 basis points from the third quarter of 2009. We also announced \$110 million of new investment activity – the \$52.6 million acquisition of Crescent Center in Memphis and a \$57.2 million proposed build-to-suit office project in Kansas City. Our strong balance sheet continues to give us a competitive advantage in leasing space, pursuing acquisitions and securing build-to-suit projects."

Third Quarter and Nine Month Financial Results

For the third quarter of 2010, the Company reported net income available for common stockholders of \$6.9 million, or \$0.10 per diluted share. Net income available for common stockholders for the third quarter of 2009 was \$10.3 million, or \$0.14 per diluted share.

For the nine months ended September 30, 2010, net income available for common stockholders was \$52.8 million, or \$0.74 per diluted share. For the nine months ended September 30, 2009, net income available for common stockholders was \$54.3 million, or \$0.81 per diluted share.

Net income per diluted share in the first nine months of 2010 included \$0.34 from a gain on the disposition of our Des Moines joint venture interests. Net income per diluted share in the first nine months of 2009 included \$0.31 from gains on sales of depreciable assets, \$0.02 from gains on debt extinguishments and \$0.01 relating to a favorable legal settlement.

Funds from Operations ("FFO") for the third quarter of 2010 was \$43.2 million, or \$0.57 per diluted share, compared to \$46.4 million, or \$0.62 per diluted share, for the third quarter of 2009. Excluding a debt extinguishment loss and property acquisition costs, FFO for the third quarter of 2010 would have been \$0.58 per diluted share.

For the nine months ended September 30, 2010, FFO was \$137.7 million, or \$1.82 per diluted share, compared to FFO of \$143.3 million, or \$2.02 per diluted share, for the nine months ended September 30, 2009. For the nine months ended September 30, 2010, excluding a debt extinguishment loss, a second quarter building impairment charge and property acquisition costs, FFO would have been \$138.4 million, or \$1.83 per diluted share. For the nine months ended September 30, 2009, excluding debt extinguishment gains and impairment charges, FFO would have been \$142.6 million, or \$2.01 per diluted share.

The following items were included in the determination of net income for the three and nine months ended September 30, 2010 and 2009:

		ns Ended 30/10	3 Months 9/3	s Ended 30/09
	(000)	Per Share	(000)	Per Share
Lease termination income	\$ 362	\$ 0.00	\$ 124	\$ 0.00
Property acquisition costs	(249)	0.00	-	0.00
Straight line rental income	2,975	0.04	535	0.01
Capitalized interest	392	0.01	1,154	0.02
Land sale gains, net of impairments	-	0.00	15	0.00
Gains on for-sale residential condos,				
net of partner's interest	493	0.01	160	0.00
Gains on sales of depreciable assets	19	0.00	19	0.00
Gain/(loss) on debt extinguishment	(85)	0.00	657	0.01
Gain on settlement of legal claim	-	0.00	1,050	0.01
Impairments of depreciable assets (1)	-	0.00	(576)	(0.01)

	9 Months	s Ended	9 Months Ended			
	9/3	0/10	9/3	0/09		
	(000)	Per Share	(000)	Per Share		
Lease termination income	\$ 2,617	\$ 0.03	\$ 1,433	\$ 0.02		
Property acquisition costs	(376)	0.00	-	0.00		
Straight line rental income	7,822	0.10	2,787	0.04		
Capitalized interest	1,115	0.01	3,975	0.06		
Land sale gains, net of impairments	-	0.00	139	0.00		
Gains on for-sale residential condos,						
net of partner's interest	802	0.01	1,005	0.01		
Gains on sales of depreciable assets (2)	229	0.00	21,905	0.31		
Gain on sale of joint venture interests	25,330	0.34	-	0.00		
Gain/(loss) on debt extinguishments	(85)	0.00	1,287	0.02		
Gain on settlement of legal claim	-	0.00	1,050	0.01		
Impairments of depreciable assets (1)	(260)	0.00	(576)	(0.01)		

- (1) 2009 amounts include \$199,000 representing the Company's share of an impairment recorded by an unconsolidated joint venture.
- (2) 2009 amounts include \$781,000, or \$0.01 per share, representing the Company's share of a gain recorded by an unconsolidated joint venture.

Funds from Operations Outlook

The Company narrowed the range of its 2010 FFO guidance to \$2.44 to \$2.46 per diluted share from \$2.40 to \$2.48 per diluted share, which it published on July 28, 2010. The Company's current FFO estimate reflects management's view of current and future market conditions, including assumptions with respect to rental rates, occupancy levels, operating and general and administrative expenses, interest rates, gains from land and condominium sales and development deliveries. It does not include any effects related to the timing and amount of potential acquisitions and dispositions. FFO guidance also excludes any gains or impairments associated with depreciable properties or joint venture interests, as well as unusual charges or credits that may occur or have occurred during the year. FFO guidance is based on 75.6 million weighted average diluted shares outstanding in 2010. Factors that could cause actual 2010 FFO results to differ materially from Highwoods' current expectations are discussed below and are also detailed in the Company's 2009 Annual Report on Form 10-K and subsequent SEC reports.

Management's outlook for 2010 is based on the following assumptions:

	Low	High
Year End Occupancy	89%	90%
Total Cash NOI Growth from Continuing Operations	0.3%	0.8%
Same Property Cash NOI Growth	-3.3%	-2.8%
Straight Line Rental Income	\$10M	\$11M
G&A Expenses	\$31M	\$32M
Lease Termination Income	\$2.8M	\$3.0M
Gains on Residential Condominium Sales	\$0.8M	\$1.0M
Dispositions	\$125M	\$125M
Acquisitions	\$52.6M	\$200M
Development Starts	\$24.2M	\$125M

Planned Dates for Financial Releases and Conference Calls in 2011

The Company has set the following dates and times it currently plans to release its unaudited financial results in 2011. Quarterly financial press releases will be distributed after the market closes.

Quarterly Results	Release Date	Conference Call
Fourth	Wednesday, February 9	Thursday, February 10, 9:00 a.m. ET
First	Monday, May 2	Tuesday, May 3, 12:00 p.m. ET
Second	Wednesday, July 27	Thursday, July 28, 12:00 p.m. ET
Third	Thursday, October 27	Friday, October 28, 10:00 a.m. ET

Supplemental Information

A copy of the Company's third quarter 2010 Supplemental Information that includes financial, leasing and operational statistics is available in the "Investor Relations/Financial Supplementals" section of the Company's Web site at www.highwoods.com. You may also obtain a copy of all Supplemental Information published by the Company by contacting Highwoods Investor Relations at 919-431-1529/800-256-2963 or by e-mail to HIW-IR@highwoods.com. If you would like to receive future Supplemental Information packages by e-mail, please contact the Investor Relations department as noted above or by written request to: Investor Relations Department, Highwoods Properties, Inc., 3100 Smoketree Court, Suite 600, Raleigh, NC 27604.

Conference Call

Tomorrow, Friday, October 29, at 11:00 a.m. Eastern time, Highwoods will host a teleconference call to discuss the matters outlined in this press release. 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.

Non-GAAP Information

Funds from Operations ("FFO"): We believe that FFO and FFO per share are beneficial to management and investors and are important indicators of the performance of any equity real estate investment trust ("REIT"). Because FFO and FFO per share calculations exclude such factors as depreciation and amortization of real estate assets and gains or losses from sales of operating real estate assets (which can vary among owners of identical assets in similar conditions based on historical cost accounting and useful life estimates), they facilitate comparisons of operating performance between periods and between other REITs. Our management believes that historical cost accounting for real estate assets in accordance with GAAP implicitly assumes that the value of real estate assets diminishes predictably over time. Since real estate values have historically risen or fallen with market conditions, many industry investors and analysts have considered the presentation of operating results for real estate companies that use historical cost accounting to be insufficient by themselves. As a result, management believes that FFO and FFO per share, together with the required GAAP presentations, provide a more complete understanding of our performance relative to our competitors and a more informed and appropriate basis on which to make decisions involving operating, financing and investing activities.

FFO and FFO per share as disclosed by other REITs may not be comparable to our calculation of FFO and FFO per share as described below. FFO and FFO per share are non-GAAP financial measures and therefore do not represent net income or net income per share as defined by GAAP. Net income and net income per share as defined by GAAP are the most relevant measures in determining our operating performance because FFO and FFO per share include adjustments that investors may deem subjective, such as adding back expenses such as depreciation and amortization. Furthermore, FFO per share does not depict the amount that accrues directly to the stockholders' benefit. Accordingly, FFO and FFO per share should never be considered as alternatives to net income or net income per share as indicators of our operating performance.

FFO as defined by NAREIT is calculated as follows:

- Net income (loss) computed in accordance with GAAP;
- Less dividends to holders of preferred stock and less excess of preferred stock redemption cost over carrying value;
- Plus depreciation and amortization of assets uniquely significant to the real estate industry;
- Less gains, or plus losses, from sales of depreciable operating properties (but excluding impairment losses) and excluding items that are classified as extraordinary items under GAAP;
- Plus or minus adjustments for unconsolidated partnerships and joint ventures (to reflect Funds from Operations on the same basis); and
- Plus or minus adjustments for depreciation and amortization and gains/(losses) on sales

In calculating FFO, the Company adds back net income attributable to non-controlling interests in its operating partnership, which we believe is consistent with standard industry practice for REITs that operate through an UPREIT structure. The Company believes that it is important to present FFO on an as-converted basis since all of the operating partnership units not owned by the Company are redeemable on a one-for-one basis for shares of the Company's common stock. The Company's FFO calculations are reconciled to net income in a table included with this release.

Net operating income from continuing operations ("NOI"): The Company defines NOI as "Rental and other revenues" from continuing operations less "Rental property and other expenses" from continuing operations. Management believes that NOI is a useful supplemental measure of the Company's property operating performance because it provides a performance measure of the revenues and expenses directly involved in owning real estate assets, and provides a perspective not immediately apparent from net income or FFO. Other REITs may use different methodologies to calculate NOI and accordingly the Company's NOI may not be comparable to other REITs. The Company's NOI calculations are reconciled to "Income before disposition of property and condominiums and equity in

earnings of unconsolidated affiliates" and to "Rental and other revenues" and "Rental property and other expenses" in a table included with this release.

Same property NOI from continuing operations: The Company defines same property NOI as NOI for the Company's in-service properties included in continuing operations that were wholly-owned during the entirety of the periods presented (from January 1, 2009 to September 30, 2010). The Company's same property NOI calculations are reconciled to NOI in a table included with this release.

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 580 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.

Certain matters discussed in this press release, such as expected 2010 financial and operational results and the related assumptions underlying our expected results, are forward-looking statements within the meaning of the federal securities laws. These statements are distinguished by use of the words "will", "expect", "intend" and words of similar meaning. Although Highwoods believes that the expectations reflected in such forward-looking statements are based upon reasonable assumptions, it can give no assurance that its expectations will be achieved.

Factors that could cause actual results to differ materially from Highwoods' current expectations include, among others, the following: the financial condition of our customers could deteriorate; development activity by our competitors in our existing markets could result in excessive supply of properties relative to customer demand; development, acquisition, reinvestment, disposition or joint venture projects may not be completed as quickly or on as favorable terms as anticipated; we may not be able to lease or re-lease second generation space quickly or on as favorable terms as old leases; our Southeastern and Midwestern markets may suffer declines in economic growth; we may not be able to lease our newly constructed buildings as quickly or on as favorable terms as originally anticipated; unanticipated increases in interest rates could increase our debt service costs; unanticipated increases in operating expenses could negatively impact our NOI; we may not be able to meet our liquidity requirements or obtain capital on favorable terms to fund our working capital needs and growth initiatives or to repay or refinance outstanding debt upon maturity; the Company could lose key executive officers; and others detailed in the Company's 2009 Annual Report on Form 10-K and subsequent SEC reports.

Tables Follow

Highwoods Properties, Inc. Consolidated Statements of Income

(Unaudited and in thousands, except per share amounts)

	Three Months Ended September 30,			Nine Months Ended September 30,				
		2010		2009		2010		2009
Rental and other revenues	\$	116,063	\$	113,170	\$	345,456	\$	337,445
Operating expenses:								
Rental property and other expenses		43,505		42,564		123,544		121,743
Depreciation and amortization		34,281		32,367		100,363		97,590
General and administrative		8,882		9,485		24,369		27,286
Total operating expenses		86,668		84,416		248,276		246,619
Interest expense:								
Contractual		22,020		20,001		65,527		60,525
Amortization of deferred financing costs		858		627		2,528		1,978
Financing obligations		460		706		1,330		2,151
		23,338		21,334		69,385		64,654
Other income:		4 740		0.004		4.070		0.045
Interest and other income		1,710		3,324		4,376		6,615
Gain/(loss) on debt extinguishment		(85)		657		(85)		1,287
lucana from continuius acceptions before disposition of accept, condensitions		1,625		3,981		4,291		7,902
Income from continuing operations before disposition of property, condominiums		7.000		44 404		22.000		24.074
and investment in unconsolidated affiliates and equity in earnings of unconsolidated affiliates		7,682		11,401		32,086		34,074
Gains on disposition of property		19		34		55		247
Gains on disposition of for-sale residential condominiums		54		187		407		823
Gains on disposition of investment in unconsolidated affiliates		4 040				25,330		
Equity in earnings of unconsolidated affiliates		1,018		682		2,701		3,844
Income from continuing operations		8,773		12,304		60,579		38,988
Discontinued operations:				646		411		3,220
Income from discontinued operations		-						,
Net gains/(losses) on disposition of discontinued operations				(377)		(86) 325		20,639
Net income		8,773		269 12,573		60,904		23,859 62,847
				(591)				
Net (income) attributable to noncontrolling interests in the Operating Partnership		(366) 148		, ,		(2,819)		(3,339)
Net (income)/loss attributable to noncontrolling interests in consolidated affiliates				(24)		(281)		(158)
Dividends on preferred stock Net income available for common stockholders	\$	(1,677) 6,878	\$	(1,677) 10,281	\$	(5,031) 52,773		(5,031) 54,319
Net income available for common stockholders	Ψ	0,076	φ	10,281	φ	52,113	Φ	34,319
Earnings per common share - basic:								
Income from continuing operations available for common stockholders	\$	0.10	\$	0.15	\$	0.74	\$	0.47
Income from discontinued operations available for common stockholders		-		-		-		0.34
Net income available for common stockholders	\$	0.10	\$	0.15	\$	0.74	\$	0.81
Weighted average common shares outstanding - basic		71,631		70,902		71,549		66,912
Earnings per common share - diluted:								
Income from continuing operations available for common stockholders	\$	0.10	\$	0.14	\$	0.74	\$	0.47
Income from discontinued operations available for common stockholders	•	-	•	-	•	-	•	0.34
Net income available for common stockholders	\$	0.10	\$	0.14	\$	0.74	\$	0.81
			<u> </u>	-			<u> </u>	
Weighted average common shares outstanding - diluted		75,638		75,072		75,537		71,024
Net income available for common stockholders:								
Net income available for common stockholders: Income from continuing operations available for common stockholders	\$	6,878	\$	10,027	\$	52,465	\$	31,851
	\$	6,878 -	\$	10,027 254	\$	52,465 308	\$	31,851 22,468

Highwoods Properties, Inc. Consolidated Balance Sheets (Unaudited and in thousands)

	September 30, 2010		December 31, 2009		
Assets:					
Real estate assets, at cost:					
Land	\$	345,531	\$	350,537	
Buildings and tenant improvements		2,900,749		2,880,632	
Land held for development		104,010		104,148	
		3,350,290		3,335,317	
Less-accumulated depreciation		(818,347)		(781,073)	
Net real estate assets		2,531,943		2,554,244	
For-sale residential condominiums		9,576		12,933	
Real estate and other assets, net, held for sale		1,249		5,031	
Cash and cash equivalents		20,969		23,699	
Restricted cash		4,757		6,841	
Accounts receivable, net of allowance of \$3,157 and \$2,810, respectively		22,426		21,069	
Mortgages and notes receivable, net of allowance of \$950 and \$698, respectively		19,942		3,143	
Accrued straight-line rents receivable, net of allowance of \$2,457 and					
\$2,443, respectively		90,001		82,600	
Investment in unconsolidated affiliates		62,456		66,077	
Deferred financing and leasing costs, net of accumulated amortization of					
\$55,143 and \$52,129, respectively		75,069		73,517	
Prepaid expenses and other assets		39,796		37,947	
Total Assets	\$	2,878,184	\$	2,887,101	
Liabilities, Noncontrolling Interests in the Operating Partnership and Equity:					
Mortgages and notes payable	\$	1,501,624	\$	1,469,155	
Accounts payable, accrued expenses and other liabilities		112,738		117,328	
Financing obligations		33,625		37,706	
Total Liabilities		1,647,987		1,624,189	
Noncontrolling interests in the Operating Partnership		123,293		129,769	
Equity:					
Preferred stock		81,592		81,592	
Common stock		717		713	
Additional paid-in capital		1,762,968		1,751,398	
Distributions in excess of net income available for common stockholders		(740,356)		(701,932)	
Accumulated other comprehensive loss		(2,975)		(3,811)	
Total Stockholders' Equity		1,101,946		1,127,960	
Noncontrolling interests in consolidated affiliates		4,958		5,183	
Total Equity		1,106,904		1,133,143	
Total Liabilities, Noncontrolling Interests in the Operating Partnership	ф.	0.070.404	Φ	0.007.404	
and Equity	\$	2,878,184	\$	2,887,101	

Highwoods Properties, Inc. Funds from Operations (Unaudited and in thousands, except per share amounts)

	Three Months Ended September 30,				Nine Month Septemb		
		2010	2009		2010		2009
Funds from operations:							
Net income	\$	8.773 \$	12.573	\$	60,904	\$	62,847
Net (income) attributable to noncontrolling interests in the Operating Partnership	•	(366)	(591)	,	(2,819)	•	(3,339)
Net (income)/loss attributable to noncontrolling interests in consolidated affiliates		148	(24)		(281)		(158)
Dividends on preferred stock		(1,677)	(1,677)		(5,031)		(5,031)
Net income available for common stockholders		6,878	10,281		52,773		54,319
Add/(deduct):							
Depreciation and amortization of real estate assets		33,837	31,861		99,072		96,150
(Gains) on disposition of depreciable properties		(19)	(19)		(55)		(108)
(Gains) on disposition of investment in unconsolidated affiliates		-	-		(25,330)		-
Net income attributable to noncontrolling interests in the Operating Partnership		366	591		2,819		3,339
Unconsolidated affiliates:							
Depreciation and amortization of real estate assets		2,115	3,352		8,193		9,825
(Gains) on disposition of depreciable properties		-	-		-		(781)
Discontinued operations:							
Depreciation and amortization of real estate assets		-	322		365		1,609
(Gains) on disposition of depreciable properties		-	-		(174)		(21,016)
Funds from operations	\$	43,177 \$	46,388	\$	137,663	\$	143,337
Funds from operations per share - diluted:							
Net income available for common stockholders	\$	0.10 \$	0.14	\$	0.74	\$	0.81
Add/(deduct):	•	,		,		•	
Depreciation and amortization of real estate assets		0.44	0.43		1.31		1.36
(Gains) on disposition of depreciable properties		-	-		-		-
(Gains) on disposition of investment in unconsolidated affiliates		-	-		(0.34)		-
Unconsolidated affiliates:							
Depreciation and amortization of real estate assets		0.03	0.05		0.11		0.14
(Gains) on disposition of depreciable properties		-	-		-		(0.01)
Discontinued operations:							
Depreciation and amortization of real estate assets		-	-		-		0.02
(Gains) on disposition of depreciable properties		-	-		-		(0.30)
Funds from operations per share - diluted	\$	0.57 \$	0.62	\$	1.82	\$	2.02
Weighted average shares outstanding - diluted		75,638	75,072		75,537		71,024

Highwoods Properties, Inc. Net Operating Income Reconcilation (Unaudited and in thousands)

	Three Months Ended September 30,	Nine Months Ended September 30,
	2010 2009	2010 2009
Income from continuing operations before disposition of property, condominiums and investment in unconsolidated affiliates and equity in earnings of unconsolidated affiliates	\$ 7,682 \$ 11,401	\$ 32,086 \$ 34,074
Other income/(expense) Interest expense General and administrative expense Depreciation and amortization expense	(1,625) (3,981) 23,338 21,334 8,882 9,485 34,281 32,367	(4,291) (7,902) 69,385 64,654 24,369 27,286 100,363 97,590
Net operating income from continuing operations	72,558 70,606	221,912 215,702
Less - non same property and other net operating income Total same property net operating income from continuing operations	7,175 4,263 \$ 65,383 \$ 66,343	19,574 11,836 \$ 202,338 \$ 203,866
Rental and other revenues Rental property and other expenses Total net operating income from continuing operations	\$ 116,063 \$113,170	\$ 345,456 \$ 337,445 123,544 121,743 221,912 215,702
Less - non same property and other net operating income Total same property net operating income from continuing operations	7,175 4,263 \$ 65,383 \$ 66,343	19,574 11,836 \$ 202,338 \$ 203,866
Total same property net operating income from continuing operations Less - straight line rent and lease termination fees Same property cash net operating income from continuing operations	\$ 65,383 \$ 66,343 2,486 (969) \$ 62,897 \$ 67,312	\$ 202,338 \$ 203,866 7,187 1,522 \$ 195,151 \$ 202,344