

FOR IMMEDIATE RELEASE

Ref: 12-28

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Highwoods Properties Signs Leases Totaling 26,000 Square Feet at 2800 Century Center in Atlanta

Property now 42% Leased

Raleigh, NC – October 19, 2012 - Highwoods Properties, Inc. (NYSE: HIW) today announced that it has signed long-term leases totaling 26,000 square feet at 2800 Century Center with two customers. These transactions include a 16,000 square foot lease with a healthcare company and a 10,000 square foot lease with an accounting/financial services-oriented professional firm. 2800 Century Center is now 42% leased.

Ed Fritsch, President and CEO of Highwoods, stated, *"We are pleased with the continued leasing activity at 2800 Century Center. In less than a year, we have backfilled almost half of this property and we have solid prospects for a substantial portion of the remaining space. Our leasing efforts have been strengthened by \$3 million of recently completed aesthetic improvements, and we continue to leverage the property's excellent central location inside the I-285 perimeter and its visibility from I-85."*

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 a fully integrated, self-administered REIT that provides leasing, management, development, construction and other customer-related services for its properties and for third parties. At September 30, 2012, Highwoods owned or had an interest in 333 in-service office, industrial and retail properties encompassing approximately 34.1 million square feet and owned 581 acres of development land. The Company's properties and development land are located in Florida, Georgia, Missouri, North Carolina, Pennsylvania, South Carolina, Tennessee and Virginia. For more information about Highwoods Properties, please visit our website at www.highwoods.com.

Certain matters discussed in this press release, such as anticipated leasing activity, 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 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 2011 Annual Report on Form 10-K and subsequent SEC reports.

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