



FOR IMMEDIATE RELEASE

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Highwoods Declares Quarterly Dividends

RALEIGH, NC – January 30, 2013 – Highwoods Properties (NYSE: HIW) Board of Directors today declared a cash dividend of \$0.425 per share of common stock for the quarter ended December 31, 2012. This equates to an annual dividend of \$1.70 per share and is payable on March 12, 2013 to shareholders of record as of February 18, 2013.

The Board also declared a cash dividend of \$21.5625 per share of the Company's 8 5/8% Series A Cumulative Redeemable Preferred Stock. The dividend is payable on February 28, 2013, which is the next regularly scheduled dividend payment date, to shareholders of record as of February 15, 2013.

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.

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