

FOR IMMEDIATE RELEASE

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Highwoods Declares Quarterly Dividends

RALEIGH, NC – January 27, 2016 – Highwoods Properties, Inc. (NYSE:HIW) announces its Board of Directors today declared a cash dividend of \$0.425 per share of common stock for the quarter ended December 31, 2015, which equates to an annual dividend of \$1.70 per share. This quarterly dividend is payable on March 8, 2016 to shareholders of record as of February 17, 2016.

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 29, 2016, which is the next regularly scheduled dividend payment date, to shareholders of record as of February 15, 2016.

About Highwoods Properties

Highwoods Properties, Inc. (NYSE:HIW), headquartered in Raleigh, is a publicly-traded REIT and a member of the S&P MidCap 400 Index. Highwoods is a fully-integrated office REIT that owns, develops, acquires, leases and manages properties primarily in the best business districts (BBDs) of Atlanta, Greensboro, Kansas City, Memphis, Nashville, Orlando, Pittsburgh, Raleigh, Richmond and Tampa. For more information about Highwoods, please visit our website at www.highwoods.com.

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