



FOR IMMEDIATE RELEASE

Ref: 14-20

Contact: Tabitha Zane
Vice President, Investor Relations
919-431-1529

Highwoods Declares Quarterly Dividends

RALEIGH, NC – July 24, 2014 – Highwoods Properties (NYSE:HIW) Board of Directors today declared a cash dividend of \$0.425 per share of common stock for the quarter ended June 30, 2014, which equates to an annual dividend of \$1.70 per share. This quarterly dividend is payable on September 9, 2014 to shareholders of record as of August 18, 2014.

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 September 2, 2014, which is the next regularly scheduled dividend payment date, to shareholders of record as of August 15, 2014.

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 REIT that owns, develops, acquires, leases and manages properties primarily in the best business districts (BBDs) of Atlanta, Kansas City, Memphis, Nashville, Orlando, Pittsburgh, Raleigh, Richmond, Tampa and the Triad. For more information about Highwoods Properties, please visit our website at www.highwoods.com.

###