

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or
Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person * FRITSCH EDWARD J (Last) (First) (Middle) C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600 (Street) RALEIGH, NC 27604 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol HIGHWOODS PROPERTIES INC [HIW] 3. Date of Earliest Transaction (MM/DD/YYYY) 12/30/2010 4. If Amendment, Date Original Filed (MM/DD/YYYY)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) President & CEO 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
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Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	12/30/2010	12/30/2010	M		5698	A	\$26.27	353508	D	
Common Stock	12/30/2010	12/30/2010	S		5698	D	\$32.30 (1)(2)	347810	D	
Common Stock	12/31/2010	12/31/2010	M		7050	A	\$26.27	354860	D	
Common Stock	12/31/2010	12/31/2010	S		7050	D	\$32.08 (2)(3)	347810	D	
Common Stock								70	I	by Children

Table II - Derivative Securities Beneficially Owned (e.g. , puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (right to buy)	\$26.27	12/30/2010	12/30/2010	M			5698	(4)	2/29/2012	Common Stock	5698	\$26.27	189857	D	
Stock Option (right to buy)	\$26.27	12/31/2010	12/31/2010	M			7050	(4)	2/29/2012	Common Stock	7050	\$26.27	182807	D	
Phantom Stock	(5)	12/31/2010	12/31/2010	A		10.38		(6)	(7)	Common Stock	10.38	\$27.18	673.98	D	
Phantom Stock	\$32.06	12/31/2010	12/31/2010	D			673.98 (8)	12/31/2010	(7)	Common Stock	673.98	\$32.06	0	D	

Explanation of Responses:

- (1) Represents the weighted average sale price. Sale prices range from \$32.30 - \$32.3050
- (2) Upon request by the Commission staff, the issuer, or a security holder of the issuer, the reporting person will disclose full information regarding the number of shares purchased or sold at each separate price.
- (3) Represents the weighted average sale price. Sale prices range from \$32.05- \$32.32
- (4) Option vests ratably on the first through fourth anniversaries of grant date.
- (5) Security converts to cash price of common stock on a one-for-one basis.
- (6) Pursuant to required payout under the Plan.
- (7) There is no expiration date to payout election.
- (8) Pursuant to distribution requirements under the Amended and Restated 2005 Deferred Compensation Plan for Selected Employees. The value of shares were transferred to participants "Other Investments Account". Future payout will be based on election form on file.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FRITSCH EDWARD J C/O HIGHWOODS PROPERTIES, INC. 3100 SMOKETREE COURT, SUITE 600 RALEIGH, NC 27604	X		President & CEO	

Signatures/s/Willis B. Howard Attorney-in-fact for Edward J. Fritsch1/3/2011**Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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