

# FORM 4

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

OMB APPROVAL  
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continue. See Instruction 1(b).

### 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 * <b>FRITSCH EDWARD J</b>  (Last) (First) (Middle) <b>C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600</b>  (Street) <b>RALEIGH, NC 27604</b>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <b>HIGHWOODS PROPERTIES INC [HIW]</b>  3. Date of Earliest Transaction (MM/DD/YYYY) <b>8/1/2008</b>	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) <b>President &amp; CEO</b>
4. If Amendment, Date Original Filed (MM/DD/YYYY)		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

**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	8/1/2008	8/1/2008	M		27830	A	\$11.626	326709	D	
Common Stock	8/1/2008	8/1/2008	S		27830	D	\$36.02 (1)(2)	298879	D	
Common Stock	8/1/2008	8/1/2008	M		40061	A	\$20.76 (2)(3)	338940	D	
Common Stock	8/1/2008	8/1/2008	S		40061	D	\$35.73 (2)(4)	298879	D	
Common Stock	8/1/2008	8/1/2008	M		19674	A	\$21.01	318553	D	
Common Stock	8/1/2008	8/1/2008	S		19674	D	\$36.554 (2)(5)	298879	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		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (right to buy)	\$11.626	8/1/2008	8/1/2008	M		27830	(6)	2/28/2010	Common Stock	27830	\$11.626	0	D	
Stock Option (right to buy)	\$20.69	8/1/2008	8/1/2008	M		31686	(6)	2/28/2010	Common Stock	31686	\$20.69	0	D	
Stock Option (right to buy)	\$21.01	8/1/2008	8/1/2008	M		28049	(6)	2/28/2013	Common Stock	28049	\$21.01	84149	D	

#### Explanation of Responses:

- (1) Represents the weighted average sale price. Sale prices range from \$35.520 - \$36.50.
- (2) The reporting person upon request by the Commission staff, the issuer, or a security holder of the issuer, agrees to disclose full information regarding the number of shares purchased or sold at each separate price.
- (3) Represents the weighted average purchase price. Purchase prices range from \$20.69 - \$21.01.
- (4) Represents the weighted average sale price. Sale prices range from \$35.50 - \$36.50.
- (5) Represents the weighted average sale price. Sale prices range from \$36.51 - \$36.63.
- (6) Option vests ratably on the first through fourth anniversaries of grant date.

#### 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	
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**Signatures**

**/s/Will B. Howard for Edward J. Fritsch**

**8/5/2008**

**\*\***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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