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ANDERSO Form 5 February 12	2, 2010								-	APPROVAL		
Check th		STATES S					GE C	OMMISSIO	Number:	3235-0362 January 31,		
Check this box if no longer subject Washington, D.C. 20549 Expires: to Section 16. ANNUAL STATEMENT OF CHANGES IN BENEFICIAL S obligations Expires: 5 obligations OWNERSHIP OF SECURITIES Estimated ave burden hours presponse See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Form 3 Holdings 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Form 3 Holdings Reported 30(h) of the Investment Company Act of 1935 or Section Form 4 70(h) of the Investment Company Act of 1940 Transactions Reported Reported So(h) of the Investment Company Act of 1940 Form 4							2005 d average ours per					
1. Name and Address of Reporting Person <u>*</u> ANDERSON GENE H			2. Issuer Name and Ticker or Trading Symbol HIGHWOODS PROPERTIES INC [HIW]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
INC., 310	(Last) (First) (Middle) C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600			 Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/31/2009 				X_ Director 10% Owner Officer (give title Other (specify below) below)				
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Reporting (check applicable line)				
RALEIGH	, NC 27604							_X_ Form Filed b Form Filed by Person	y One Reporting y More than One			
(City)	(State)	(Zip)	Tabl	e I - Non-Der	ivative Se	curitie	es Acqu	iired, Disposed	of, or Benefic	ially Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	any Code Disposed of (D) (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)					
Common Stock	Â	Â		Â	Â	Â	Â	66,509 <u>(1)</u>	D	Â		
Common Stock	Â	Â		Â	Â	Â	Â	3,897	Ι	By Spouse		
Common Â Stock			Â	Â	Â	Â	63,947	Ι	By Partnership			

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Units	Â	Â	Â	Â	Â	Â	719,211	D	Â

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number. SEC 2270 (9-02)

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Under Secur	rlying	8. Price of Derivative Security (Instr. 5)	9. of D S G O E I S Fi (I
				(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	
ANDERSON GENE H C/O HIGHWOODS PROPERTIES, INC. 3100 SMOKETREE COURT, SUITE 600 RALEIGH, NC 27604	ÂX	Â	Â	Â	
Signatures					
/s/Willis B. Howard Attorney-in-fact for Ge Anderson	02/12/2010				
<u>**</u> Signature of Reporting Person			Date	;	

Explanation of Responses:

* 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).

(1) Includes 2,229 shares purchased in 2009 through the Company's ESPP prior to his retirement.

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.