



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST
ANNOUNCES JANUARY DISTRIBUTION**

Toronto, February 5, 2009 - Allied Properties REIT (TSX:AP.UN) announced today a revision to its previously issued press release regarding distribution for the month of January, 2009. As February 16, 2009 is a statutory holiday, the distribution will be payable on February 17, 2009, to unitholders of record as at January 30, 2009. The REIT has 31,290,165 units issued and outstanding.

Allied Properties REIT is the leading owner and manager of Class I office properties in Canada, with portfolio assets in the urban areas of Toronto, Montreal, Winnipeg, Quebec City and Kitchener. The objectives of the REIT are to provide stable and growing cash distributions to unitholders and to maximize unitholder value through effective management and accretive portfolio growth.

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