



InnVest

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For Immediate Release

**INNVEST REAL ESTATE INVESTMENT TRUST
ANNOUNCES MONTHLY DISTRIBUTION**

Toronto, Canada (February 16, 2010) – InnVest Real Estate Investment Trust (“InnVest”)(TSX:INN.UN) announced today that a distribution of \$0.0417 per unit has been declared to the Unitholders of record as at the close of business February 26, 2010, payable on March 15, 2010.

TRUST PROFILE

InnVest REIT holds Canada’s largest hotel portfolio together with an interest in Choice Hotels Canada Inc. the largest franchisor of hotels in Canada. The hotel portfolio currently comprises 145 hotel properties, with approximately 19,000 guest rooms, operated under internationally recognized franchise brands such as Comfort Inn®, Holiday Inn®, Quality Suites/Inn®, Radisson®, Delta®, Travelodge®, Hilton® Staybridge Suites®, Fairmont Hotels®, Sheraton Suites® and Best Western®. InnVest’s trust units and outstanding convertible debentures trade on the Toronto Stock Exchange under the symbols INN.UN, INN.DB.A, INN.DB.B, INN.DB.C and INN.DB.D, respectively.

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