4 Adding consecutives and precedents

3 points

Introduction

Given a pair of numbers n and m, both values are integers but m is greater than 0, find out the sum of the m consecutives numbers to n and the sum of the m precedents numbers to n.

Example:
n = 1
m = 5
Sum m consecutives to n: 2 + 3 + 4 + 5 + 6 = 20
Sum m precedents to n: 0 + (-1) + (-2) + (-3) + (-4) = -10

Input

The input will be a pair of values expressed as integers representing ***n*** and ***m*** respectively.

```
1
5
```

Output

The program must output two numbers. The first one is the sum of the m consecutive numbers to n and the second is the sum of the m precedent numbers to n.

```
20 -10
```